FAMILY LIFE

Vol. XVIII, No. 11 NOVEMBER, 1957 Edited by Paul Popenoe

# *HAPPINESS IN MARRIAGE*

If you want to have a happy marriage, you should have a happy childhood; and in order to have a happy childhood you should have parents who are happy themselves. Those are the principal conclusions of an ambitious survey of English women by Eustace Chesser; and if they do not provide any sensational new information to a waiting world, they at least tend to keep the study of marriage on a sound and solid foundation.

Admittedly inspired by the Kinsey studies, Dr. Chesser circularized English physicians in general practice, asking for their cooperation in distributing a questionaire to women patients. He had the help of 1498 physicians who sent out about 18,000 questionaires, of which 6251 were returned, 61% from married women, the remainder from single women. Obviously the sample was not representative: there was a deficiency of women from the lower social, economic, and educational levels, for instance. Younger age-groups were over-represented. A completely representative sample of the English population would hardly be possible. The statistical treatment is elementary, but perhaps nothing more would be profitable with such sample.

"Perhaps the outstanding characteristic of the exceptionally and very happily-married women is their virtually unanimous feeling that they love their husbands as much as they did before they were married; that they never regret their marriages and that they would marry the same man again. The reverse is true for the unhappily married women: the great majority felt their love for their husbands had diminished since their engagements and first year of marriage, and that they would not marry the same man again... While three-fifths felt they would marry a different man if they had their time over again, one-third felt they would not marry at all... Three-quarters of (the unhappily married) considered their husbands were not the sort of people they had thought before marriage (compared with only about one-tenth of the exceptionally and very happy.)"

The extreme groups differed as regards the sexual satisfaction they achieved: one-half of the happiest had "a lot of satisfaction" in intercourse with their husbands; of the unhappily married the corresponding proportion

**FAMILY LIFE**
Monthly service bulletin of the
AMERICAN INSTITUTE OF
FAMILY RELATIONS
5287 Sunset Boulevard
Los Angeles 27, California
Price $1 a year, 10c a copy.

is only one-tenth. The most significant point here is certainly the fact that one-half of the exceptionally and very-happily married did not achieve a lot of sexual satisfaction!

One of the most significant findings concerns the extent to which wives felt themselves to be like their husbands, and in the measure of agreement with their husbands which they achieved. The majority (over two-thirds) of those who were unusually happy felt very much like their husbands in mutual affection, sense of humor, and ambitions, whereas less than one-eighth of the unhappy felt this.

Returning to childhood experiences, Dr. Chesser (a London physician who is also a psychologist and marriage counselor, and author of half a dozen popular books in that field) concludes that the quality of sex education is the only factor, except early happiness, that plays any important part in predisposing to later successful marriage. Religious background, nature of the authority in the home, whether an "only child," and so on, were not very significant, unless as reflections of something else. But children in whose homes mother was "the boss" were handicapped: the 50-50 marriage seemed to provide more favorable atmosphere for children.

Among pre-marital attitudes, satisfactory acquaintance with the future husband was most important. The woman who felt pretty sure that she understood and had confidence in the man she was marrying (in spite of the fact that she usually had some definite ideas to how she would "improve" him after the wedding!) was the one likely to end up in the happily-married column. Successful wives, moreover, went into marriage with an expectation that they would succeed, and that they would enjoy the sexual side of the relationship.

Dr. Chesser's data on pre-marital sexual intercourse are confused by his failure to make any distinction between the woman whose experience was with her husband-to-be, before the wedding ceremony, and the woman who had experience with other, perhaps many other men, before marriage. From some points of veiew these two types are quite distinct. Among the single women, twice as many had had sexual experience when they came from unhappy parental homes, as did those whose parents were happily married—a suggestion that many girls get into sexual experiments because of the unhappy home atmosphere which they want to escape. Such girls were also subjected to the strictest parental control. The finding that the unhappily married parents are those who come down hardest on their offspring is an interesting one; as is the finding that the parents who had least control over their children also did the most spanking!

Information as to the sex education which girls receive is in line with that in other countries. Even among girls born after 1934—that is, quite recently, one-half "did not ask their parents about the facts of life, and of those who did, one-half felt they were told neither the truth, nor all they wanted

to know." British parents are evidently no better than American parents in this respect!

Data concerning religious differences were published in FAMILY LIFE, July, 1956, in a preliminary account of Dr. Chesser's work. He finds that, over the period covered by his inquiry (roughly, the first half of the 20th century) "there has been a steady decline in the amount and strictness of religious teaching received, and in the strength of the religious background of our informants' homes." The Church of England appears to exercise the least influence on its adherents. Strongly religious parents tended to give their offspring the most adequate sex education; and for all women studied the proportion having pre-marital intercourse was lowest among those from strongly religious homes.

Some American studies have found the happiest marriages to be among those with strong religious interest and church activity; this did not prove to be the case in England, to any marked degree, although there was a slight tendency in that direction.

Highest proportion of those claiming a happy childhood was found among the non-conformists (Protestants, in American parlance), lowest among those whose parents had "no religion." Correspondingly, the Protestants showed the highest proportion of women happy in their marriages, "no religion" produced the lowest, although Jews had only one percentage point better record.

"The highest incidence of pre-marital intercourse is found for married women of no professed religion (three-fifths); clearly, these women had very much less inhibition about pre-marital sex relationships. Almost half the married Roman Catholic women had had sexual intercourse before marriage, and represented the highest proportion for any of the main religions studied. One-quarter of the non-Conformist married women had had sexual intercourse before marriage, and the lowest proportion (one-fifth) was for the married Jewish women. The pre-marital sex behavior of the Jewish women appears to have its own specific pattern, for among this group there is a higher incidence of petting than among women in other religions, but lower incidence of sexual intercourse before marriage. "—Obviously, there may be important correlations with religion, which the study did not test; some religious groups, for instance, may have higher socio-educational levels than others, and these would also affect sexual behavior.

Educators should be interested to learn what the single women wanted in a husband. "The majority view appears to place most emphasis on the importance of certain *emotional* characteristics—warmth and affection, understanding and interest in the bringing up of children. Next in importance, in the opinion of our informants, comes *physical strength* and a *similar sense of humor;* and certain *sex* characteristics—sexual strength and passion—though this was felt more by the younger than by the older women. Of lesser importance is a similar *belief in religion, temperament,* and *education.* The majority of the single women questioned agreed that *good looks* in their future husbands was not important to the success of their marriages."

Since the *patterns* of daily life in marriage are changeable, and can be improved under marriage counseling, the chapter that deals with these should find some practical applications. Common temperament and amount of schooling did not have a marked connection with happiness of the marriage, but the following differences seemed to be important:

Of the exceptionally happy, 2% frequently refused sexual intercourse to the husband; of the exceptionally unhappy 27% did so.

Happy couples rarely disagreed on "how to run the home," while one-fourth of the unhappy did so.

Of the happy couples, 70% always agreed as to care of children while only 15% of the unhappy couples did so. It is noteworthy that even the happiest couples often differed on this subject!

All those in the happy group stated that they always or usually agreed on how to spend the family income;only half of the unhappy couples agreed.

Happy couples always (50%) or usually (49%) agreed on choice of friends, while less than half of the unhappy could agree always (5%) or usually (42%).

In handling in-laws, half of the happy always agreed; only one-tenth of the unhappy did. But around one-half of each group said they *usually* did.

Use of leisure time was a particular source of disagreement among unhappy couples, 58% of whom said they rarely or never agreed, while among the happy couples 100% said they usually or always agreed.

Happy couples had a high agreement on sexual relations, and went out together a great deal, as compared with the unhappy.

While all of these differences are no doubt associated to some extent with deeper and more general factors, experience in marriage counseling proves that they are important points on which to work. If couples will improve their patterns in such a way, through education and practice, that they can see eye to eye in such matters as sexual relations, use of leisure time, management of children, and the management of the budget, they are quite likely to find that their own marriage begins to be happy!

THE SEXUAL, MARITAL, AND FAMILY RELATIONSHIPS OF THE ENGLISH WOMAN, by Eustace Chesser and others. Pp. 642, price $17.50 in the U.S.A. where it is distributed by Roy Publishers, 30 E. 74th St., New York 21, N.Y., 1957.)

## Inexpensive Pamphlets

WHEN FAMILIES MOVE ,free on request to Allied Public Relations Associates (attention Lillian R. Pierson, vice-pres.), 787 Fifth ave., New York 22, N.Y.

INTRODUCTORY READINGS IN MENTAL HEALTH, 10-page bibliography free on request to Publications and Reports Section, Natl. Institute of Mental Health, Bethesda 14 Md.

EDUCATING THE GIFTED CHILD, free to those professionally interested on request to Dr. George T. Wiley, 711 E. 222d st., Euclid, Ohio.

BABY SITTERS: a basic training manual, pp. 40, price 25c from Publications Services, Natl. Board YWCA, 600 Lexington ave., New York 22, N.Y.

THE TRUTH ABOUT TRANQUILIZERS, by Sophia Dertz. Price 15c from Men-

tal Health Materials Center, 1790 Broadway, New York 19, N.Y.

SOCIO-GUIDRAMAS, dramatic presentations of problems for discussion, price 50c each from Occu-Press, 489 Fifth ave., New York 17, N.Y.; new titles are Timid Teen, Career choice—when?, Too young to date, and "Every kid's got one."

●

## Research Notes

THROUGHOUT THE NATION 5,000,000 dwelling units need to be demolished, while another 15,000,000 are in need of conservation or rehabilitation, according to the estimates of city planners. The federal government has appropriated one billion dollars for capital grants to localities to pay up to two-thirds of the cost of slum clearance and redevelopment or rehabilitation-conservation projects.

SENIOR CITIZENS will number 20,700,000 in 1975, according to surveys by Bruce Waxman of the Population Research and Training Center, University of Chicago. There will be approximately 8,7000,000 males and 12,000,000 females in this group. He thinks the nation's facilities for medical care and hospitalization of the increase (nearly half again as many persons over 65 as in the present population) will have to be planned for this increased load.

THERE WILL PROBABLY BE a real "marriage boom" in the United States a decade or two from now, says Emanuel Landau of the federal Bureau of the Census. The present marriage rate, stabilized around one and one-half million per year, is based on the low birth-rate of the 1930's, and will be likely to rise to more than two million a year when babies born in the high birth-rate years following the last World War, reach marriageable age. He anticipates a further slight decrease in the age of first marriage. (*Population Index,* July, 1957.)

CITY GIRLS have long been known to begin menstruating at an earlier age than those who grow up in rural areas, and this has been guessed to be due to richer diet as well as greater social stimulation. Lea Kralj-Cercek, studying nearly 300 Yugo-Slav women, corroborated this finding and also ascertained that the group which had a high protein diet reached the menarche earlier (mean age 12.65 years) than those who had mainly a carbohydrate diet (14.1 years). Girls of pyknic constitution were found to mature earlier than others.—*Human Biology,* Dec., 1956.

●

## Around the World

MEDICAL STUDENTS should be given better sex education and helped to solve their own problems, says a British physician, B. Sandler, in reviewing needed changes in the curriculum.

BIRTH CONTROL PROPAGANDA in China should be aimed at men as well as women, if it is to be effective, said Mrs. Li Teh Tseun in an address to the Political Consultative Conference in Peking in March of this year. She also urged an educational campaign against early marriage. Radio Peking reported that a birth control exhibition opened in Chungshan Park in March was visited by 4500 people during the first month.

BRITISH PARLIAMENT has adopted a law requiring employers to withhold from wages of an employe, any money that he may owe to a divorced wife as alimony.

CANADIANS in the armed forces overseas continue to bring home brides, mainly from Germany since most of the Canadian overseas contingent is serving in that country. Last year there were 200 foreign marriages in the Canadian Air Division and 102 in the 2d Canadian Infantry Brigade Group. During the second World War 45,000 Canadian service men took English brides.

CENTENARY of the legal recognition of divorce was noted in England on Aug. 28. Prior to the passage of a divorce law on that date in 1857, divorce could be had only by a special act of Parliament, and only one or two of these passed the two Houses each year.

AN INTERNATIONAL Congress for Child Psychiatry will be held in Lisbon, Portugal, June 16-21, 1958.

DR. AND MRS. DAVID R. MACE have accepted an invitation from the International Missionary Council to make, during the next three years, a survey of home and family life conditions in the main mission fields of the world. They will begin this fall with West Africa, and next Spring they plan to conduct an intensive three-months training period for Asian Christian leaders in Upper Thailand.

DIVORCE DECREES nisi in England and Wales in 1956 were 25,991, a slight decrease over the two preceding years.

IN HANOVER (West Germany) the divorce court now seeks the advice of a marriage counselor, in determining whether or not a divorce should be granted; and when applicants under the legal age of marriage want to get a marriage license, the advice of a marriage counselor is also sought by the authorities.

VIENNA, which established the first modern marriage counseling bureau (Eheberatungsstelle) in 1922, will make a new start with the commencement of 1958, by setting up a municipal marriage counseling service staffed by physicians and psychologists. The divorce rate in Vienna is about 35% (somewhat higher that that of the U.S.A.) and the number of children born each year is now only half what it was a decade ago.

ENGLISH LAUNDRYMEN have been called on to take a more active part in strengthening family life, by Mrs. C. B. Curtis, wife of a town councillor of Beckenham. Addressing the Laundry Development Group Conference in London recently, she pleaded with them to replace missing buttons on men's shirts. "The time when a man changes his shirt is in the morning when he is most liverish," she asserted. "If a button is missing you hear a roar." He takes out his indignation on his wife and, Mrs. Curtis told the laundrymen, if they would send every shirt home with buttons, even if this necessitated a slight added charge, they would keep many a couple out of trouble: "You can do more than the Marriage Guidance Council." In reply Mrs. K. M. Goodbody, a director of a Bradford laundry, unsympathetically declared, "I think it is the job of any devoted wife to see that her husband's shirts are ready the night before."

EGYPT is steadily extending its system of official birth control clinics, in order to cope with what the government considers dangerously rapid growth of population. At the end of last year 12 were in operation.

## NEW BOOKS IN BRIEF REVIEW

THE PROBLEM BOY, by Ben Solomon. Pp. 96 (paper covers, no index), price $1.50 from Oceana Publications, 80 Fourth ave., New York, N.Y., 1957.

Most children will get along satisfactorily in the world, anyhow, says Mr. Solomon, but some 25% of them are "vulnerable". They are the ones who are likely to get into real trouble. Police "pick up nearly one and one-half million youngsters between the ages of 8 and 16 each year; that is more than 5% of all, and about 20% of those in the "vulnerable" group. Since a large part of the weaklings have their first experience of police apprehension at the age of 11, effective measures to protect them must be started before that time; but much can be done later, too, and Mr. Solomon gives a concise, practical, and realistic discussion of "what you can do about juvenile delinquency." This is a booklet which should have wide distribution. Mr. Solomon is widely known as a lecturer, and is editor of the monthly Youth Leaders Digest (Putnam Valley, N.Y.)

•

A GIRL GROWS UP, by Ruth Fedder. Pp. 310, price $3.95 from Whittlesey House, McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1957.

Third, revised, edition of a popular stand-by for nearly a score of years. Dr. Fedder is psychologist of the Bucks County Public Schools, Doylestown, Pa. Any teen-ager would welcome a copy.

•

HOW CHILDREN LEARN,by Arden N. Frandsen. Pp. 546, price $5.50 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1957.

College textbook which ties together recent advances in psychology and practical methods of teaching children in the elementary grades. Dr. Frandsen is at the Utah State Agricultural College.

•

TOWARD BETTER PERSONAL ADJUSTMENT, by Harold W. Bernard. Pp. 447, price $5.50 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1957.

Second edition of a popular textbook emphasizing the positive and constructive aspects of mental health. Dr. Bernard is with the extension division of the Oregon State System of Higher Education.

•

THE FAMILY LEGAL ADVISOR, ed. by Theodore R. Kupferman. Pp. 366, price $4.95 from Hawthorne Books, 70 Fifth ave., New York 11, N.Y., 1957.

It's hard to think of any topic that might interest a family, that is not included in this simply-written book. If you want to break off your engagement and yet keep the ring, if you want to marry your aunt, if you try to beat the landlord out of his rent, or if your children find buried treasure, you'll get proper guidance from these pages, with no legal jargon. Mr. Kupferman is chairman of the board of trustees of the Federal Bar Association of New York, New Jersey, and Connecticut.

•

FATHER OF THE FAMILY, by Eugene S. Geissler. Pp. 157 (no index), price $2.95 from Fides Publishers Assn.,

744 E. 79th st., Chicago 19. Ill., 1957.

Fathers have received much less attention in literature than is their due, says Mr. Geissler, who is himself the father of eight girls and two boys, and therefore no academic theorist. This is a book of graceful essays, deeply tinged with religion.

•

THE *SLOW* LEARNER, by M. F. Cleugh. Pp. 186, price $3.75 from Philosophical Library, 15 E. 40th st., New York, N.Y., 1957.

Mrs. Cleugh is in charge of the education of special teachers at the University of London, and she writes particularly for those who have a professional interest in her topic, and with especial reference to administrative problems in English schools.

•

DAY AFTER TOMORROW: preparing for the later years, by Roma Rudd Turkel. Pp. 242 (no index), price $3.75 from P.J. Kenedy & Sons, 12 Barclay st., New York 8, N.Y., 1957.

Mrs. Turkel was formerly in the advertising business, and wants to "sell" the public on the need of starting earlier in life to prepare for old age. She does a good job, with comprehensive coverage and persuasive detail.

•

SO, YOU WANT A DIVORCE!, by Kenneth Ilch. Pp. 122 (paper covers, no index), price $1.25 from Fremont Pubs., P.O. Box 496, Las Vegas, Nevada, 1957.

"Written by a layman for laymen," this little book promises to "tell you the kind of mistakes lawyers make in handling divorce cases," as well as to give full details concerning grounds for divorce and residence requirements in all U.S. jurisdictions. Advertised "for men only," it undertakes to show how a husband can get a divorce when his wife does not want him to do so. Mr. Ilch has evidently had an unhappy experience with divorce lawyers, so his book is not so favorable to them as are most such books which are written by lawyers themselves!

•

PSYCHOLOGY FOR LIVING, by Herbert Sorenson and Marguerite Malm. Pp. 672, price $5.32 from McGraw Hill Book Co., 330 W. 42nd st., New York 36, N.Y., 1957.

Revision of a popular textbook first published in 1948. Dr. Sorenson is at the University of Kentucky, Dr. Malm at Indiana State Teachers College. Nearly 60 pages are given to preparing for marriage.

•

TEACH YOURSELF TO RELAX, by Josephine L. Rathbone. Pp. 216, price $4.95 from Prentice-Hall, Englewood Cliffs, N.J., 1957.

Comprehensive popular discussion by an instructor in physical education at Columbia University. Dr. Rathbone deals fully with psychological as well as physical factors, ending with a brief discussion of the role of religion.

•

FUTURE PERFECT, by Bernice Bryant. Pp. 250 (no index,) price $2.95 from Bobbs-Merrill Co., 468 Fourth ave., New York 16, N.Y., 1957.

"A guide to personality and popularity for the junior miss," first published in 1944 and now completely revised. Mrs. Bryant is the author of several other books, both fiction and non-fiction, for teen-agers.

•

PARENTS, CHILDREN, AND THE FACTS OF LIFE, by Henry V. Sattler. Pp. 237 (paper covers), price 65c from Image Books, a division of Doubleday & Co.,

Garden City, L.I., N.Y., 1956.

Detailed discussion for Roman Catholic parents and teachers, which has received high commendation from church authorities. Dr. Sattler is now assistant director of the family life bureau of the National Catholic Welfare Conference, Washington, D.C.

•

GETTING ALONG IN THE TEEN-AGE WORLD, by Virginia Veeder Westervelt. Pp. 158 (no index), price $2.50 from G.P. Putnam's Sons, 2 W. 45th st., New York, N.Y., 1957.

Straightforward, practical, and interesting little handbook, with very specific suggestions. Mrs. Westervelt, who lives in Schenectady, N.Y., is wife of a school superintendent, and herself a former teacher as well as the mother of two teen-agers.

•

A VIEW FROM THE HILL, by Cid Ricketts Sumner. Pp. 145 (no index), price $2.95 from Prentice-Hall, Englewood Cliffs, N.J., 1957.

In middle age and discouraged, Mrs. Sumner told by a fortune-teller, "You ain't done living yet!" She proceeded on this assumption and found it worth while. Author of half a dozen novels, she has produced an interesting and inspirational book which offers abundant good sense.

•

WOMAN'S GUIDE TO BETTER LIVING 52 weeks a year, by John A. Schindler. Pp. 240 (no index), price $4.95 from Prentice-Hall, 70 Fifth ave., New York 11, N.Y., 1957.

Pleasant and simply-written book by a Wisconsin physician who says that the great need of women today is *maturity*. He gives many useful suggestions for attaining this. The discussion of marriage is based largely on "Landis and Landis."

•

PLAY ACTIVITIES FOR BOYS AND GIRLS, by Richard Kraus. Pp. 236, price $4.95 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1957.

Designed primarily for teachers, camp counselors, and recreation leaders, this book will also be found useful by parents. Dr. Kraus is in the department of health education, physical education, and recreation at Teachers College of Columbia University, and is also the author of a *Recreation Leaders' Handbook,* published two years ago.

•

YOUR SUBCONSCIOUS POWER: how to make it work for you, by Charles M. Simmons: Pp. 286 (no index). price $4.95 from Prentice-Hall, 70 Fifth ave., New York 11, N.Y., 1957.

Another "success book," by author with a long record of achievement in this field. Many people fail or are less productive than they should be, Mr. Simmons says, for three reasons: (1) effect of negative past experiences, (2) lack of direction, and (3) poor human relations. He offers much practical help to those who want to avoid or overcome these three handicaps.

•

YOUNG TEENS TALK IT OVER, by Mary Beery. Pp. 160, price $2.75 from McGraw-Hill Book Co., 330 W. 42d st., New York, N.Y., 1957.

Miss Beery is a writer and radio commentator on the affairs of young people. In this book she answers 130 questions, all of them very much to the point.

•

ENRICHING FAMILY LIFE through home, school, and community, by Bess

B. Lane. Pp. 121, price $3.95 from Public Affairs Press, 419 New Jersey ave., S.E., Washington 3, D.C., 1957.

Adult education, particularly for parents, who have to tackle their important job without much advance preparation, in the author's opinion. Mrs. Lane is a teacher, home-maker, and popular writer and lecturer who now lives in Swarthmore, Pa. The book is somewhat "academic," but sound.

•

THE SCIENCE OF SUCCESSFUL LIVING, by Raymond Charles Barker. Pp. 145 (no index), price $2.50 from Dodd, Mead, & Co., 432 Fourth ave., New York, N.Y., 1957.

The minister of the First Church of Religious Science in New York City explains his plan of "treatment," with emphasis on the need for spiritual thinking and feeling.

•

THE EDUCATION OF YOUNG CHILDREN, by D. E. M. Gardner. Pp. 118 (no index), price $2.75 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1957

A British import dealing with the nursery school and the emotional and other problems of children at that age and of their parents. The author is head of the department of child development at the University of London Institute of Education.

•

OLIGOPHRENIA IN COMBINATION WITH CONGENITAL ICHTHYOSIS AND SPASTIC DISORDERS, by Torsten Sjogren and Tage Larsson. Pp. 110 (paper covers, no index), price 25 Swedish crowns from Ejnar Munksgaard, Copenhagen, Denmark, 1957.

Description of a hitherto-unrecognized syndrome in which mental deficiency is combined with a congenital skin disorder and spastic paralysis. The condition is clearly inherited, as a simple recessive, and most of the cases have been traced back to a single mutation in a Swedish family about 600 years ago. This very careful study is a beautiful illustration of genetic research.Dr. Sjogren is head of the department of psychiatry at the Caroline Institute, Stockholm.

## Educational Notes

TWELFTH ANNUAL Institute for Workers in Parent Education will be held March 25-26 at Teachers College, Columbia University, New York City.

•

UNDESTANDING THE CHILD, bulletin of the Natl. Assn. of Mental Health, discontinued publication in Oct. 1957, after 24 years of useful appearance.

•

SEVENTH ANNUAL South Pacific Regional Conference of the Child Welfare League of America is scheduled for March 13-15, 1958, at the Statler Hotel, Los Angeles.

•

UNITED YOUTH MOVEMENT of the National Council of Churches has demanded that education on sex and reproduction be given earlier to boys and girls. The young people say it should come not later than the fifth grade, or three years earlier than it is usually found in schools|— if at all. IT IS ESSENTIAL, declared a report to the National Conference on the churches and social welfare, "that the churches, as well as public schools, give priority to marriage and family education and counseling. . . . The prevention of mental illness and antisocial behavior depends heavily on how seriously the churches take this matter to heart."

## THE AMERICAN INSTITUTE OF FAMILY RELATIONS

*The American Institute of Family Relations resulted from the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful family life. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.*

*It helps young people to prepare for marriage, aids those already married to solve their problems of adjustment, and deals with a wide range of problems in the fields of sex, heredity, love, marriage, and parenthood. The Institute now has a staff of over sixty well qualified, trained counselors at the Los Angeles headquarters.*

*Through lectures, conferences, discussion groups and publications (some of which are listed on the next page) the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. The Institute has a regular schedule of counselor training classes and workshops, and a correspondence course in the principles, techniques, and materials of counseling which makes the experience of the Institute available to qualified counselors in all parts of the world.*

OFFICERS OF THE AMERICAN INSTITUTE OF FAMILY RELATIONS

E. O. Palmer, M.D. - - - - - - - - - - - - *President*
William H. Wadsworth - - - - - - - - - - *Vice-President*
Paul Popenoe, Sc.D. - - *Secretary-Treasurer & General Director*
Richard H. Klemer, Ph.D. - - - *Associate General Director*
Roswell H. Johnson, Ph.D. - - - - - *Director of Counseling*
Clinton E. Phillips, M.A. - - *Associate Director of Counseling*
Robert S. Hicks, Pd.D. - - *Associate Director of Education*
Donald P. Wilson, Ph.D. - - - - - - *Director of Research*
William Benbow Thompson, M.D. - - - *Medical Director*

*For further information write or phone the*

THE AMERICAN INSTITUTE OF FAMILY RELATIONS
5287 SUNSET BOULEVARD — LOS ANGELES 27, CALIFORNIA
Open Evenings and Saturday

THE AMERICAN INSTITUTE
OF FAMILY RELATIONS
5287 Sunset Boulevard
Los Angeles 27, Calif.

(Return Postage Guaranteed)

NON-PROFIT ORG.
U. S. POSTAGE
**PAID**
Los Angeles, Calif.
Permit No. 12538

San Francisco Theological Seminary
San Anselmo
California

---

**The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:**

**1. PREPARING FOR MARRIAGE —**

The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....**25c**

**23. BUILDING SEX INTO YOUR LIFE —**

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

**FAMILY LIVING CONFERENCES**

led by experts from the Institute's staff, are available to any community which is seeking to strengthen family life. Informal lectures and discussions on preparing for marriage, marital problems, parent-child relationships, preparing for retirement, social and business relationships, and other vital matters, provide an opportunity for many people to think and work together in an informal and stimulating atmosphere. These conferences, of one two, or three days, have been highly successful wherever they have been held.

Write for full information to

**THE AMERICAN INSTITUTE OF FAMILY RELATIONS**

**5287 Sunset Boulevard** **Los Angeles 27, California**